



Rock Island Rotary Weekly Review



February 13, 2018; Volume XXV, Issue 33
MEETING EVERY TUESDAY NOON - QUAD CITY BOTANICAL CENTER

CPR – LIFE SAVER!

Guest speaker at today's meeting of Rock Island Rotary was Brittany Carter from the American Heart Association. Ms. Carter has a fascinating background including time serving as an intern with the Iowa Cubs in Des Moines, and later, the Quad City River Bandits. She then worked as an account executive with the Quad City Mallards. Following that she served nearly four years as Director of Community Relations and Merchandise for the River Bandits. Leaving the sports world, she served as District Marketing Manager for H&R Block in Davenport for two years before accepting a position as Corporate Events Director for the American Heart Association in Davenport. Brittany headed up the Go Red For Women Luncheon and is Director of the Heart Ball for the Quad Cities. Brittany is a 2011 graduate of Iowa State University with a Bachelor of Science degree in Kinesiology. Although Brittany's primary job is fundraising, she devoted almost all of her comments to the importance of CPR (cardiopulmonary resuscitations).



Noting that the American Heart Association has done a good job targeting and educating men about the warning signs of heart attack and stroke, Ms. Carter said that in the past few years there has been an concerted effort to draw attention to Heart illness in women and to see that they to are educated to recognize warning signs and have an understanding of what to do in an emergency situation. Pointing out that education and the tools required to educate are expensive, Brittany handed out information regarding the upcoming Quad Cities Heart Ball, held at the Radisson Quad Cities Plaza on Saturday, March 3rd. The evening is billed as a premier black-tie event filled with good food, an encredible auction, great company and grand entertainment for a life-saving mission. Money raised is used for cardiovascular research, education and outreach programs. Tickets are \$100 per person and sponsorships are available from \$500 to \$5,000. Over 300 individuals and over 20 companies are expected to participate.

Brittany then turned to a discussion of CPR, followed by a vigorous question and answer session. The Heart Association now encourages two forms of CPR. Traditional CPR involving chest compressions and mouth to mouth resuscitation is still the preferred life-saving method, however CPR training is required to learn how to administer this method properly. The second method, developed in recognition that many are reluctant to administer mouth to mouth assistance to strangers, is the Hands-Only CPR method. The emphasis here is that anyone can do it, without formal training. The steps in this process are 1) call 911 to get help on the way; and, 2) Begin chest compressions by placing one hand on top of the other and applying compressing thrusts to the center of the victim's chest. Ms. Carter noted that the compressions need to be quite forceful, saying, "If you think you're pushing to hard – push harder!" She said compressions to the beat of the Bee Gees "Stayin' Alive" is recommended. To those not musically inclined, that amounts to between 100 & 120 compressions per minute. She said it is very tiring and needs to be continued until trained help arrives. The recommendation is to have two people trading off doing the compressions. Student guest, Nick Roessler volunteered to be trained, and with a blow up torso, learned just how to do it! [See photo page 3]

Feb - Mar Calendar

- Feb 19 - Board of Directors Meeting
11:45 at Jeff Dismar's Office
- Feb 20 - Jeff Coussens, Augustana
College: "The Penguin
Project"
- Feb 27 - Ann Frederick – WIU Quad
Cities Small Business Dev.
Center
- Mar 6 - Dan Coyne Logan – Earl
Hanson Principial.
- Mar 13 - Christopher Peters, M.D
Heath Care Reform
- Mar 20 - Brian Baxter, Quad City
Symphony Orchestra
- Mar 27 - TBA
- Apr 3 - TBA
- Apr 10 - Bert Blood Scholarships
- Apr 17 - Rotary Awards Banquet



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Officers

Bruce Peterson, President
 Sue Cassatt, 1st VP
 Mark Mayeski, 2nd VP
 Anne McGlynn, Secretary
 Carrie Crossen, Treasurer
 Steve Morenz, Past President

Board Members

Dave Geenen
 Jim Nordquist
 Molly Shattuck
 Al Metz
 Tammy Weikert
 Sarah Gorham
 Justin Peterson
 Sara Cross
 Co-Sergeant at Arms
 Bob Swanson & Vic Boblett

Program Chairs 2017-18

Aug – Sept: Fred Luckenbill
 Oct – Nov: Tom Hammar
 Dec – Jan: John Wetzel
 Feb – Mar: Gary Rowe
 Apr – May: Dave Geenen
 June - July: Justin Peterson/
 Bill Groh

Club Notes & Announcements!

- ☐ **WELCOME GUESTS!** Rock Island Rotary was pleased to welcome Alleman Jr. Rotarians Annalise Connolly and Sean Coleman; and, Rocky Jr. Rotarians Jameshia Walls and Nicholas Roessler. Our exchange daughter Pat Rungrueng rounded out our guest list for today. Guests are always welcome at Rock Island Rotary. Prospective members are our favorites!
- ☐ **GREETERS NEEDED** - Please see Sam at the Sergeant’s table and sign up to be a greeter for a future meeting. It’s an easy and fun job and only requires you to arrive a few minutes earlier than usual.
- ☐ **YOU’RE INVITED** – The Hear of Hope Ministries, operators of the Food Pantry we support, has formed a “Focus Group” seeking feedback on their operations. Since Rock Island Rotary has been an integral part of their Food Pantry program they have extended an invitation for our members to be a part of the Focus Group. Their meeting is TONIGHT at 5:30pm at the Hauberg Civic Center in Rock Island. Please stop in and make sure that Rotary is represented at this important meeting.
- ☐ **SERVICE OPPORTUNITY** – Our Club is partnering with the Heart of Hope Food Pantry. Volunteers are needed Thursdays 6 to 7:30pm just once a month. If evening is a problem a Thursday morning opportunity is also available! Contact Al Metz or Steve Morenz to join our team of volunteers! Used but sound plastic bags are needed too. Don’t throw them away, bring them to Rotary. The food pantry goes through 160 bags each night!
- ☐ **Have Items for our Newsletter?** Email to bobdebswanson@att.net. If you attend a Rotary event and take pictures, please also email or text them to Bob. The newsletter is much better with lots of photos!

FOUNDATION RAFFLE REPORT

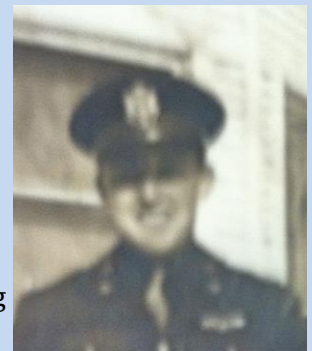


Today’s raffle featured fine wine from the Lo Milani Collection, and cash. The first ticket drawn was held by Dr. Bud Phillis, who took the cash and donated it to the Rotary Foundation’s Polio Plus campaign. Jeff Dismer had the second lucky ticket and he took the wine! All raffle proceeds go to support the International Rotary Foundation, carrying on humanitarian work throughout the world. Thank you for participating!

OUR MOST RECENT PAUL HARRIS FELLOW



Frank Lambert honored his uncle, 1st Lt. R. K. Lambert by making him a Rotary International Paul Harris Fellow. Lt. Lambert was a member of the United State Army Air Corps and piloted a P-38 Lightning fighter. He received a Purple Heart, the Distinguished Flying Cross, and the Air Medal with 4 Oak Leaf Clusters. Lt. Lambert gave his life fighting for our freedoms. His plane was shot down in combat over Germany. This photo was taken in front of his parent’s home prior to his leaving for overseas. Thank you, Frank for honoring your uncle. We are honored to have a hero among our club’s list of Paul Harris Fellows!



Valentine's Day

From Wikipedia, the free encyclopedia



Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine is celebrated annually on February 14. Originating as a Western Christian feast day honoring one or more early saints named Valentinus, Valentine's Day is recognized as a significant cultural, religious, and commercial celebration of romance in many regions around the world, although it is not a public holiday in any country.

Martyrdom stories associated with various Valentines include an account of Saint Valentine of Rome's imprisonment for performing weddings for soldiers, who were forbidden to marry, and for ministering to Christians persecuted under the Roman Empire. According to legend, during his imprisonment Saint Valentine restored sight to the blind daughter of his judge, and before his execution he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and

sending greeting cards (known as "valentines"). In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children, in order to ward off epilepsy (called Saint Valentine's Malady). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines. Total spending for the holiday just in the United States is expected to top \$19 billion, according to the National Retail Federation. Jewelry is the most popular Valentine's Day gift: 20 percent of consumers are expected to buy jewelry, spending a total of \$4.3 billion. Flowers, candy, and cards, account for another \$4.7 billion. Another \$4.4 billion will be spent on an evening out and \$2 billion will be spent on clothing. So, if you haven't made plans as of yet and haven't purchased your sweetie a card or gift, your bucking 1,800 years of tradition and over 61% of the population who admit that they celebrate Valentine's Day. The good news --- you still have time! Valentine's Day is tomorrow!



Rocky Jr. Rotarian Nicholas Roessler learns how to give Hands-Only CPR at today's Meeting of Rock Island Rotary

Just out of the photo is Ms Brittany Carter of the Heart Association giving instruction.



Foundation Minute

ElsaMarie D'Silva of Mumbai began her career as a flight attendant, eventually rising to become vice president of a planning network for one of India's largest airlines. Learning about the fatal 2012 gang rape of a young woman in Delhi, an unusually heinous crime that led to public outrage, D'Silva made a dramatic career change.

She is now the founder and CEO of the Red Dot Foundation which works with nongovernmental organizations in India, Nepal and Kenya to address street harassment and violence against women. In addition to community workshops, the foundation empowers women to document catcalling, groping, and other incidents through an online crowd mapping platform called Safecity.

D'Silva was a Rotary Peace Fellow at Chulalongkorn University in Bangkok. There she learned that the work she does is actually peace building. Through her foundation she is trying to help people understand gender stereotypes that reinforce toxic masculinity on a daily basis. Safecity gives victims a safe space to discuss this and understand each other's point of view. It also helps them navigate these complex issues and become agents of change.

Your contribution to the Rotary Peace Fellows enables this to happen. Thank you.



A LITTLE OFF KEY

a dueling pianos event

featuring  Fun Pianos

hosted by Rock Island Rotary & Twin Rivers Rotary After Hours

Thursday March 1st	The Establishment 220 19th St, Rock Island	7:00pm doors open @ 6:30 \$35 tickets <small>FREE beer on a 1st come 1st serve basis until the keg runs out</small>
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Tickets can be purchased online at  keyword "A Little Off Key"
or
contact Sue Lerschen-Cassatt at 309-644-0101,
SCassatt@bankfortress.com

Money raised from the event will go to support
local youth programs and other Rotary projects!

Rotary 

Also available are sponsor VIP tables. Cost is \$400. There will be promotion of the VIP sponsors at the event. They will have front row seats for four and will have 2 free drinks per person and munchies during the event. About half are already sold!

Don't miss this great event to support our community. We can't do great things without you!

Please visit local downtown Rock Island establishments for dinner prior to the event.

This is one of our major Club fundraisers for the year. Your support is appreciated and needed. We've heard your comments and found a great venue and reduced the cost of tickets. It is a great "Date Night" for you and your special person. Please join the fun!